Blackwell (mrs. A. B2)
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THE Comparative Longevity

OF THE

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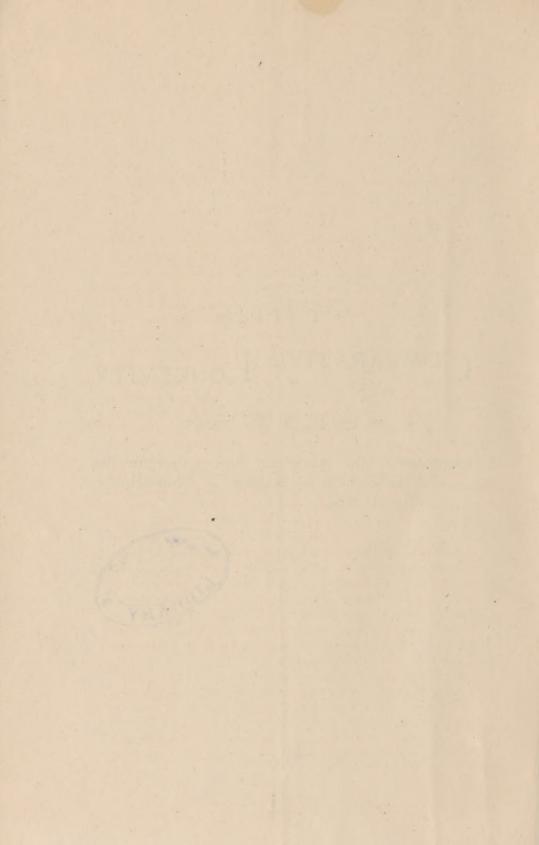
COMPARATIVE LONGEVITY

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Read before the American Association for the Advancement of Science, at Philadelphia, August, 1884.





THE COMPARATIVE LONGEVITY OF THE SEXES.

MRS. A. B. BLACKWELL.

new grouping of statistics, the earliest of modern date equally with the latest, proves beyond question that females are endowed with longevity superior to males. Extended tables have been prepared from the census returns of many countries, covering various periods of time; and they uniformly teach the following conclusions:—

- 1. All ages included, the sexes are about equal in numbers. The old countries have an excess of women, the new of men. Statistics of emigration added to the population of the countries migrated from, or subtracted from those migrated to, confirm this law. So do all aggregates, giving a due proportion of the older and newer States; and the larger the aggregates, the more marked becomes this constant equation.
- 2. But the sexes are not equal in numbers at the same ages respectively. At all the early ages, males are habitually in excess. At all the late ages females are habitually in excess; and the larger the aggregates at the same ages, the greater is the numerical inequality. At one probably more or less variable period toward early middle life there must, therefore, be a time when, other things equal, the sexes in any country will be numerically equal at the same age.
- 3. The younger the age compared, the larger, other things equal, is the relative proportion of males. More boys are born; but the excess diminishes from birth onwards in something like a regular gradation, modified, after a few years, by a relatively larger fatality to girls, until numerical equality at the same age is reached. Then an excess on the female side begins, and increases progressively, but much more rapidly, to the end of life. Hence, at all ages, life has a longer average to the female than to the male. Records of births and of deaths confirm and correct the direct count of numbers in all these particulars.
- 4. The relative proportion of boys and girls is approximately the same in all countries. A large total excess of males or of females has no effect on these ratios. The ratios of adult males and females at specified ages are directly affected by the proportion of the sexes in the total population.
- 5. The state of statistical science does not enable us to determine satisfactorily at what age the sexes are equal in numbers. The period

lies somewhere between fifteen and thirty-five; but we are obliged to discount an obviously unusual imperfection of the records at about these ages, and varying conditions probably make the time differ in different countries.

- 6. There are exclusive feminine ailments, chiefly in middle life, which cause death by thousands in every large community. In most countries, also, women are more subject to all that class of diseases which, like consumption, arise oftener from confined, impure air than from great exposure; and these causes of extra feminine mortality, most active in middle life, have become a steady offset to extra male risks incident to business enterprises, wars, dissipations, and hazards in general, which are incurred in the active period of vigorous manhood. Hence, distinctively during a considerable period of middle life, there is approximate equality of numbers between the sexes in death rates and in life ratios. Taking the whole period from fifteen or eighteen to seventy or seventy-five, the sexes are almost balanced in numbers in every country; allowing, of course, for excess in the total population of one sex over the other.
- 7. Mortality tables indicate that girls, like boys, bear hereditary taints, and die, in consequence, at any period of life; and yet, as indicated above, that at every period of life the female has the slightly better chance of survival. I did not say it is survival of the fittest; that phrase originated with Mr. Herbert Spencer. Note that the male is not at the greatest disadvantage during his years of greatest exposure. It is in his protected infancy and in sheltered restful age that his less vitality is conspicuously manifested.
- 8. The general facts above stated have long been known. Every census teems with them. Life insurance and annuity tables have discounted them, and yet their cumulative significance and mutual relation seem to have escaped attention. The facts have been treated as results probably incidental and temporary, arising from complex, highly variable causes. But the approximate uniformity of returns gathered from most widely various peoples, half savage and civilized, during a long term of years, points us to constitutional causes beyond the control of ordinary contingencies. Nature's constant method of maintaining a complicated numerical balance, is nature working in accordance with established order and law.

But, let the explanations be what they may, the accompanying Tables and Statements, condensed and summarized from a large mass of Tabulated Statistics, will place the main facts alleged beyond question. Table I, United States in 1880,

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THE PART OF THE PA	Females to 100 000 males.	180 000	96 544	100 000		100 000	98 048		-	100 000	956						720 000

Table II. Foreign Countries Previous to 1880.

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	.00	Female.	189 463 67 132 17 132 2 5 944 2 5 944 3 6 947 6 948 1 6 871 1 6 881 1 7 88 1 8 81 1 1 437 1 4 37 1 6 88 1 8 88
	80 to	Male.	97 882 6 682 6 682 6 682 6 682 6 682 7 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8
30.	.80.	Female.	572 886 216 518 37 707 64 609 51 146 21 128 21 128 21 128 4 880 96 984 4 880 96 984 741 1 28 773 8 5173 8 5173 8 5173 1 26 4 857 1 26 4 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8
Census, 186	70 to	Male.	504 591 179 746 27 470 27 470 55 523 59 663 59 739 15 563 15 563 17 739 18 563 18 563
Condensed from Professor Wappaus' Table, as given in United States Census, 1860.	, 70.	Female.	12 462 374 57 447 717 57 375 57 447 717 10 65 158 1 166 158 1 166 158 1 166 928 1 166 928 1 167 924 1 107 254 288 178 288 194 288 194 288 188 288 188 288 288 188 288
given in Un	15 to	Male.	2206 426 6 757 010 6 555 715 7 22 094 716 1 154 104 1 1579 088 1 1 154 104 1 104 218 1 1 106 208 1 1 106 208 1 1 106 208 1 1 106 208 2 1 4 8 90 2 1 4 8 90 2 1 4 8 90 2 1 6 8 8 9
s' Table, as	to 15.	Female.	1 544 087 144 896 148 473 148 473 148 103 168 103 17 88 133 17 980 17 980 17 980 17 980 17 980 17 980 17 980 17 980 18 982 18 982 18 982 18 982 18 982 18 983 18 98
or Wappäu	io to	Male.	1 602 340 963 956 162 554 162 554 166 572 167 548 75 880 75 880 18 997 18 907 18 907 18 907 18 907 18 907 18 907 18 907 18 907 18 907 18 907 1
rom Profess	ro.	Female.	1 618 931 1 042 131 1 042 131 1 042 131 1 171 284 233 514 283 516 88 910 1 19 511 27 855 27 855 28 819 68 826 68 826 68 926 68 926 68 926 97 548
Condensed fi	5 to	Male.	1 676 290 1 050 228 1 10 10 228 1 10 10 10 228 1 174 10 10 10 10 10 10 10 10 10 10 10 10 10
,	Under 5.	Female.	1 638 833 1171 354 1171 354 1171 354 1171 354 171 028 250 755 271 028 88 87 88 88 88 88 88 89 88 89 171 986 82 968 82 968 968 82 968 82
	Unde	Male.	1 682 986 1 176 758 1 189 055 1 189 055 1 173 499 1 102 688 224 286 225 286 227 143 22 773 22 773 22 773 22 773 22 773 22 773 22 773 22 773 22 773 22 773 23 773 24 175 25 86 26 175 27 100 200 110 309 110 309
	al.	Male. Female.	012 17 976 515 5 14 52 9 146 884 473 1 513 285 678 4 152 071 678 1 677 971 678 1 677 971 678 1 677 971 679 1 726 671 726 672 726 673 726 673 726 673 726 674 726 675 726 677 726 677 726 678 726 679 726 670 726 671 726 671 726 672 726 673 726 673 726 673 726 674 726 675 726 677 726 677 726 678 726
	Total	Male.	1777 012 8 781 225 8 781 225 1 406 536 1 406 536 1 687 246 1 687 246 1 72 9 905 1 77 70 1 59 777 1 59 777 1 59 777 1 59 777 1 59 777 1 59 777 1 59 778 1 59 779 1 50
			France 1851 1777 012 17 Scotland 1861 8781 255 99 187 425 99 187 479 187 479 479 479 479 479 479 479 479 479 470

* From 10 to 20.

Table III, Selected Periods, Classes, and Countries,

over.	Female.	7 990 1 739		169 791 2 614 696	131 488	162 195	-	140 733 4 652	167 038	1 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	34	170 000	1	87 868 293	83 714	3 140	117 120 4 182	588 116 360	9 490	153 634 9 142	3 131 152 087	2 312	188 770 5 428	2 695 198 609	r propor-
go and	Male.	6 260		100 000	100 000	100 000	4 090	2 785	100 000	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	20	100 000	6.01	100 000	100 000		3 594	100 000	6 177	100 000 6 011	100 000	2 814	2 733	100 000	uch large uth than sewhere,
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70 to	Male.	127 460		100 000	100 000	100 000		100 000 25 714	100 000	25.02	100 000	100 000		100 000 8 333	100 000	197 985 2 611	100 000 263 043	25 607 100 000		100 000 624 222	0		100 000 248 180	100 000	2 104 045 6 905 259 100 000
70.	Female.		153 596 18 124	113 377 063 483	99 002	81 399	594 065 106 840	101 426 406 787	108 275	4 103	7 001 8 545	114 024	301 662	96 371 242 476	95 692	44 40	101 123 500 520	400	63 954		195 068	544 056	108 176	564 727 107 423	9
15 to 7	Male.	784 230 6 357 120			100 000	-		100 000 299 265 1	1		100 000			100 000 253 392	10 916		100 000 477 006 8	100 000	900 682 12	100 000 282 109 12	1	665 833 7	100 000	100 000	over 12
15.	Female.			98 380 264 320 1	95 447	-		96 674 315 972 1	95 941	126	11 517	86 118		96 800	96 497	. 1	97 459 238 433 8	97 441	596 776 12	97 444 543 018 12	96 571	203 469 6	98 582	99 705 5	182 746 \
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5 to 10.	Male. 1	640 407 1		100 000 287 299	100 000	1	015	100 000 331 795	3 659	187	100 000	100 000		100 000 76 844	2 600	31 849	100 000 469 582 1	42 258	648 168 1	100 000	100 000	350 819 1	100 000	100 000	under 1
5.	Female.	1 1 1 1	38 075 938	331 010	102 748		279 587 2	96 740 394 609	99 444	152	78 350	92 787		96 442 90 888	95 587	-	98 030 822 044 1	710 76	787 753 1	97 990 655 076	97 531	-44	99 892 763 207 1		~ ! !
Under 5.	Male.	769 460 1		100 000 322 156	100 000		356 293 2 76 706	100 000 396 812	2 203	194	100 000			100 000 95 084	100 000	29 437	100 000 878 059 1	56 015	824 408 1	100 000	100 000	536 464 1	100 000 757 757 657 1	100 000	
	Female.	11 354 216 1	253 951	108 470 970 135	99 415	84 006	14 009 156 2	4	93 483	4 574	7 794	1 163 105 289	670 516	92 411 543 701	95 741	10 880 098 1	99 842	08 935	741 037 1	-	137 899	658 332 1 504 308	105	694 635	381 532 94 260
Total.	Male 1	660	234 119	100 000	100 000		086 509	2 393 263 2		58 680	1		725 575 55 059		184		100 000	143 370	18 645 271 18	100 000	100 000	11 058 934 11	12 639 902 13	100	97 892 195 92 5 510 676 100 000
			U. S. 1860. Free Colored	Females to 100,000 males. U. S., 1860, Slaves.	Females to 100,000 males	Sex and number in excess. Females to 100,000 males.	U. S., 1870. Native White. 14		Sex and Females	U, S., 1870. Chinese.	Females to 100,000 males.	annel CO	Upper Canada, 1861	Females to 100,000 males		Sex and number in excess		Sex and number in excess. Females to 100,000 males						. 1	Brilish India, Sex and number in excess. Females to 100,000 males.

TABLE IV.

The Numerical Balance of Large Aggregates.

Europe.				Male.	Female.
United Kingdom, France, Germany, Switzerland,			1881	17 254 109	17 988 372
France,			1881	18 656 518	18 748 772
Germany,			1880	22 185 433	23 048 628
Switzerland,			1880	1 394 626	1 451 476
Belgium, .			1001	2 790 608	2 795 238
Austria-Hungary, .			1880	18 522 547	19 263 699
Norway,			1875	876 762	930 138
Sweden, .			1882	2 218 343	2 360 772
Denmark,	** *		1880	967 360	1 001 679
Holland,	*		1883	2 064 392	2 108 579
Servia,		*	1874	694 756	657 766
Roumania, .			1877	2 618 136	2 454 864
Russia,			1882	49 971 817	50 400 736
Spain,	*		1877	8 253 293	8 500 292
Portugal,		*	1878	2 175 829	2 374 870
Italy,	*	*	1881	14 265 523 881 080	14 193 928
Greece,		*	1881		798 695
	*	*	1881	76 959	77 239 9 487
Gibraltar,			1001	8 527	
Total Europe,				165 876 618	169 164 230
North America.				Male,	Female.
			1880	-	
United States,			1880	25 518 820	24 636 963
United States,			1881	25 518 820 2 188 854	24 636 963 2 135 956
United States,			1881	25 518 820 2 188 854 83 283	24 636 963 2 135 956 78 091
United States,			1881 1874 1883	25 518 820 2 188 854 83 283 136 947	24 636 963 2 135 956 78 091 138 867
United States, Canada, Newfoundland, Nicaragua, Honduras,			1881 1874 1883 1880	25 518 820 2 188 854 83 283 136 947 14 108	24 636 963 2 135 956 78 091 138 867 13 344
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies,			1881 1874 1883 1880 1861	25 518 820 2 188 854 83 283 136 947 14 108 452 372	24 636 963 2 135 956 78 091 138 867 13 344 481 634
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda,			1881 1874 1883 1880	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies,			1881 1874 1883 1880 1861	25 518 820 2 188 854 83 283 136 947 14 108 452 372	24 636 963 2 135 956 78 091 138 867 13 344 481 634
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda,			1881 1874 1883 1880 1861	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda,			1881 1874 1883 1880 1861	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia.			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia.			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female.
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia.			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. I 434 129 1 005 518 108 792	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female, 1 517 194
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia.			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. 1 434 129 1 005 518	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female. 1 517 194 1 069 727
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia, Venezuela, British Guiana, Brazil,			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. I 434 129 1 005 518 108 792	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female. 1 517 194 1 069 727 84 699
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia, Venezuela, British Guiana, Brazil,			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. 1 434 129 1 005 518 108 792 5 176 985	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female. 1 517 194 1 069 727 84 699 5 362 344
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia, Venezuela, British Guiana, Brazil,			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. 1 434 129 1 005 518 108 792 5 176 985 28 076 226 580 1 365 895	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female. 1 517 194 1 069 727 84 699 5 362 344 106 254
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia, Venezuela, British Guiana, Brazil, Paraguay, Uruguay, Peru,			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. 1 434 129 1 005 518 108 792 5 176 985 28 076 226 580	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female, 1 517 194 1 069 727 84 699 5 362 344 106 254 211 665
United States, Canada, Newfoundland, Nicaragua, Honduras, British West Indies, Bermuda, Total North America, South America. Columbia, Venezuela, British Guiana, Brazil.			1881 1874 1883 1880 1861 1871	25 518 820 2 188 854 83 283 136 947 14 108 452 372 5 302 28 399 686 Male. 1 434 129 1 005 518 108 792 5 176 985 28 076 226 580 1 365 895	24 636 963 2 135 956 78 091 138 867 13 344 481 634 6 579 27 491 434 Female. 1 517 194 1 069 727 84 699 5 362 344 106 254 211 665 1 344 050

Africa.			Male.	Female.
Algeria, Egypt proper, Orange Free States, Cape of Good Hope, Gold Coast, Magniting		. 1881	1 772 406	1 538 006
Egypt proper,		1882	3 406 000	3 414 000
Orange Free States,		. 1880	70 160	62 368
Cape of Good Hope, .		1875	369 6 2 8	351 356
Gold Coast,		. 1880	7 215	6 935
mauritius,		1001	208 340	152 020
Lagos,		. 1880	31 201	29 345
St. Helena,			2 573	2 486
Total Africa,			5 867 523	5 556 516
Australasia,			Male.	Female.
New Zealand,		1882	307 673	
Tasmania,		1881	61 162	254 133
			452 083	54 543 410 263
Queensland.		1881	136 044	98 066
Victoria, . Queensland, . New South Wales,		. 1881	547 193	438 385
South Australia,		1881	155 335	178 174
Western Australia,		1881	17 062	12 646
Oceanica,			34 103	23 883
Total Australasia,			1 710 655	1 470 093
Asia.			Male.	Female.
China,			5 312 523	5 206 414
Japan,			18 598 998	18 101 120
Ceylon,	•	. 1881	I 470 993	I 290 403
Hong Kong,		1880	115 369	45 033
Straits Settlements,		. 1880	281 687	141 697
Labaun,	•	1880	3 927	2 371
Total Asia,			25 783 497	24 787 038
Grand Total, .			238 082 549	239 267 373
			Male.	Female.
British India				
British India, Native States of India,			101 292 049 28 684 722	97 498 349 26 465 734
Trative States of India,				20 405 734
	Aggregate,	731,290,776),	

Upper Canada in 1784 recorded 24,552 males under fifteen, and 22,513 females under fourteen, the sexes being classed as under and over these ages respectively. Thus, in their degree, earlier records confirm the more modern ones.

The tables show that the various colored races of this country conform to the rules rather less strikingly than the whites, and that each country usually has certain uniformities in the different census years special to itself. How far such variations are due to inaccurate returns and how far to other causes, is not easy to determine.

The relative numbers of the sexes at birth vary considerably within certain limits; yet civilized and savage, prolific and unprolific nations maintain similar birth-rates, as a few more figures will indicate:—

Relative Numbers of Sexes at Birth.

				Male.	Female.
France (1881),				469 181	450 996
Ireland (1882),				64 819	61 021
Madras (1880),				339 301	320 690
Switzerland (1882),				44 319	41 668
Italy (1881),				557 029	524 096
Punjab (1880),				298 229	246 430
Belgium (1879), .				80 339	85 302
				428 922	404 554
Germany (1880),				898 996	
Oudh (1880),	٠				849 690
Oddir (1000),				5 860 960	5 546 665

More males than females are still-born, and many more die at every age under five years. Whether there is any people or condition in which, with large enough numbers and a well-sifted count, there are more girls than boys at birth, is doubtful. The years of special fatality to girls vary greatly in different counties and conditions; and comparative death-rates, like other death-rates, vary with the civilization. India not only burned widows and destroyed female infants, but, like the most of Asia, it is still a vast prison to one sex, which in consequence dwindles to a minority. Fiercer tribes, as in Paraguay, slaughter their men in war; but most of these have no census returns. In all civilized countries, emigration is the great disturbing element in the numerical balance of the sexes. Table IV. embraces multitudes of men on foreign soil. Others are in Turkey, Persia, and at all the ends of the earth not tabulated. The Argentine Confederation in 1875 reported 9,130 Italians, 4,030 Spaniards, 3,238 Frenchmen, 10,709 British, 5,860 Swiss, and 4,997 Germans. The unrecorded wanderers may be properly offset by the surplus men of Asia; though India, having nearly a seventh of the entire population of the globe, with 6,000,000 more men than women, is clearly to be counted out from our estimate.

It is not held that nature maintains a numerical balance of the sexes under all conditions, but that the larger number of males at birth, and the greater longevity of females, so far persistently balance each other that equality of numbers in the aggregate is maintained, other things equal, in all of our best civilizations. The table includes the leading countries of the world and the colonies of Great Britain. The dependencies of other nations would not greatly affect the result. Like conditions give similar returns, and the close balance is remarkable.

There are two possible explanations of the facts given in the above summary and in the tables. One is, that the hereditary results

of male hardships, hazards, or excesses, transmitted to the same sex only, have been so great that the average of life to that sex has become grievously shortened thereby. The other is, that the feminine constitution, much beyond the male constitution, being differentiated in the two classes of organic functions distinguished as individual and reproductive, together with the earlier limitation of the latter, gains thereby a greater reversion of energy toward the close of life, as well as a larger available reserve, which in case of need may be called into vicarious action at all ages. Increased longevity thus resulting, primarily affecting females only, if inherited by both sexes, would tend to the extension of the average life of the race. This result would be parallel to the increase of size and strength to the entire species, superiority in this direction having arisen primarily in the male line of descent.

For one, I cannot find evidence that man has limited his great heritage, has thrown away his birthright of years for worse than a mess of pottage. What, then, are some of the constitutional causes of the superior longevity of women, and what are nature's methods in securing this result?

All organic existence is fundamentally differentiated in the two classes of functions, the individual and the reproductive, with their direct and indirect modes of nutrition and growth. Between these basal divisions organic antagonism arises, because of the common necessity that both systems shall be sustained from the same source of supplies, and because the resulting activities must take opposed directions. But, in the process of evolution, both systems are compelled to mutual adaptations and to many various modes of co-operation for their joint advantage. They are like rival nationalities forced into alliance both offensive and defensive; in league with, but also in ceaseless struggle against, the common environment, which becomes helpful or harmful precisely as they together succeed in adjusting themselves to its helpfulness or in overcoming its harmfulness.

The inevitable, the unpreventable antagonism between these two mutually dependent systems has been recognized, and, as it seems to me, has been pushed into undue prominence by men of science and philosophy, simply because the continuous adaptations and co-operations which also exist have not received from them an equal amount of attention. I think it is quite possible to show you that the active mutual adjustments for mutual benefit have become of such positive advantage to both as to have quite succeeded in annulling, possibly

in something more than merely annulling, all of the disadvantages of the direct antagonism. The advantage gained is like to that of a ship sailing almost in the eye of the wind. If unmanaged, the wind would blow dead against the ships progress; but by steady proper management and constant shifting of the sails, it is made to propel the ship forward, though with some obliqueness of direction, and thus to become a positive advantage. In a closely parallel way, the innate principle of perpetual plastic adaptation, which pertains to all organisms, has succeeded through this very antagonism in forwarding both individual and race interests. With attention too exclusively directed to the benefits which accrue to the race, individual gain may be easily misinterpreted. It is within the domain of these complex adjustments and to the distinctive methods of their co-operation that I invite you to look, in order to find the reason for the superior longevity of women.

Two general laws govern all organic adaptations:—1. In all orders of organic beings, evolution is always twofold,—individual and reproductive,—with continuous and mutual adjustment between the two, with growing differentiation in each, and with corresponding advance in both. 2. Just in the degree to which characters of whatever kind, acquired by habit or otherwise, have become of a high order, have become of great physical or psychical value or of many classes of values, just in that degree these characters, if transmitted to descendants and thus made permanent to the race, have required and have found responsive and corresponding differentiation and advancement in the organism through which and by which such transmission has been effected.

It is notable that this double-phased, doubly responsive progress in the primary and in the dependent systems has been everywhere steadily and obviously maintained along all of the various lines of development. A low structural condition of the general organism is allied to a low structural condition of the special organism; and a high, widely differentiated, and many featured general organism is always accompanied by a carefully and broadly differentiated reproductive system.

Now, whenever a crystal takes a definite, specific form, we understand that a part of the forces which contribute to this result reside within the material which is crystalized, but, at the same time, that the size and perfection of the crystallization is largely dependent also upon outside forces. In heredity, characters are transmitted both

from, and jointly from, the paternal and the maternal ancestry. But the mother is also largely the environment. If that is of a low order, or inharmonious, the results are unsatisfactory and tend toward dissolution. But if the environment is favorable, if it is highly adapted to foster and carry forward all the many various and often diverse forces which are marvellously grouped, co-operative, and held in growing equipoise, then the result is evolution.

Electricity, in addition to being generated by two unlike metals, must be properly stored, properly conducted, and properly applied through a long, complex series of most delicate yet effective contrivances, in order to achieve good and desired work; how much more the requirements of the living human germ in its progress toward its mature royal heritage! The male of all the higher species has acquired advanced size and many new bony and muscular and mental and moral differentiations. But the female of all species, conversely, has acquired in advance or in exclusive right, a mechanism and functions most delicate yet instinct with subtle, living forces held in readiness for efficient co-operation, for impersonal, organic benevolence in transmitting gifts to the unborn generations; and, also, she is the embodiment of an associated but unique power, more closely inwrought with her own emotional, intellectual, and moral nature, which is uniquely modified accordingly, and in due time is transmitted to the same sex, and, to a large extent, to both sexes. All this means so much in relating her on the one hand to all the past of her race through her adaptations to the masculine development and, on the other, to all the future of her race by her privilege to be the final dispenser of every gift of good or evil, that, in remembrance of this mighty mediatorship between past and future good, between the endless becoming from one present, to an instantly higher present, the lifeless and uhconscious uplifted into the living and conscious, I may surely venture to affirm that, whoever has not given the female due credit in the evolution of her race, he it is who has never given this side of the subject due attention.

But by what methods has Nature succeeded in giving this type of pre-eminence in a lesser degree to the females of the lowest ranks of her living kingdom and in a steadily ascending degree upward, to the mothers of the human race? The answer is both easy and explicit: Simply through the habitual process of nourishing first and best that part of every organism which has been called most into active exercise.

Through the joint aid of the blood circulation and the nerves, especially of the sympathetic nervous system, Nature always gives her special attention to wherever there are special needs. Now, the growth and exercise of muscle and of its various dependencies are pre-eminently attended to in the male economy. In treating of this part of the subject somewhat fully elsewhere, I venture to call the masculine type the "peripheral" type of adapted organic growth and activities. But the general nutrition of the female is conspicuously adapted to, perhaps is subordinated to, her special functions. Hers may be properly designated the "central" type of organic growth and activities. Hence, advantage and differentiation with him are largely peripheral. Male evolution, as Mr. Darwin has illustrated, has been everywhere marked by the development of many external appendages. But advantage and differentiation with the female are much more centralized. Her thoughts and feelings and volitions are more closely interwoven than his, and her whole nature is curiously modified by her feminine organization.

Pre-eminent feminine longevity seems to have prevailed ever since the first differentiation of sexual life. In the flower, the centralized sex element must live to nourish its fruit in place, giving to its direct appendages a better chance of survival. Apparently from a like necessity and from continuance of acquired habit, many female insects are much longer-lived than the males. There is some authority for the assertion that superior longevity pertains to the females of some higher animals, of some domestic animals; and there is small reason for supposing that, if the subject had ever been fully investigated and tested, the law would fail among any living species. Each ascending race probably has progressively increased in length of life, and the habit of one sex been inherited by the other, to the advantage of both; but the superior longevity itself appears to have had, primarily, a direct relation to the special feminine functions, while time has but evolved a much more complex adjustment of means to ends.

With our own race, Nature has handed over to the reproductive system of one sex an exceptionally large amount of work to be done, and yet she has exceptionally restricted the time for doing it. Then, in proportion to the amount of energy permanently retained for individual use, she has carefully diminished the size of the organism. Perhaps we should say rather, in view of our explanation of man's superior bulk, she has not increased the size of the organism beyond a due proportion to the amount of energy permanently devoted to indi-

vidual upholding. It follows that in any and every emergency the two systems, which have been more equally equipped in the feminine than in the masculine economy, can give to each other the more efficient aid and support at all times, and that the secondary can restore to its primary an almost entire reversion of energy in late life.

The two classes of functions are not alike continuously active. Let us recall just here that all kinds and degrees of organic dormancy short of total inactivity chiefly affect certain functions only, while other functions avail themselves of exactly that opportunity for bringing up arrears and making good an advanced position. Thus, simple rest when tired, the rest of sleep, the winter rest of trees, and the hibernation of some animals are only a few of the many forms of dormancy through which all halting energies are enabled to keep within working distance of their numerous co-laborers. Ordinary sleep, a more or less complete dormancy of the senses and the volitions, enables many of the advanced nutritive processes to be more effectually active than is possible in a waking condition. Circulation, respiration and digestion are retarded; but wearied muscles, overwrought nerves, and exhausted brain are all refreshed during sleep, as they never are when there is free expenditure in all directions.

Independent of cold, darkness, and dryness, in adaptation to which dormant habits have, doubtless in part, arisen "plants need a season of rest," in direct growth as opportunity and aid to the indirect growth of the fruit-buds, because vegetable nutrition is not simple, but double-sided, and the two divisions are not in continuous equal action. The female of the polar bear, like the plant, hibernates, that its offspring may reap the benefit; (whether the bear takes up winter quarters voluntarily or involuntarily, the results are equally an economy of nutrition;) and the dormant state of the pupa of the insect, with its sleep of the senses, forwards the development of the higher organism by suspending the use of energy in exhausting muscular and sense processes Subjectively considered, diversity of functions not entirely adapted to work evenly and continuously together are both the occasion and the final cause of all varieties of dormancy. Excessive activity in one direction conduces to corresponding rest elsewhere, till working and resting have become alternate in all organic functions, with adapted but various periodicity in all, simultaneously or successively.

This class of adjustments, efficient in all vital processes, is conspicuously effective in the feminine constitution. Hence, the stronger

hold on life which the infant girl has in advantage over the boy. Her little life, like his, hangs suspended by a thread to its pitiless new surroundings; but the thread has two strands of nearly equal size, carefully intertwisted throughout and ready to give mutual support, and upon the one strand there is almost no present strain. The boy's life is suspended by a much larger main thread, less thoroughly intertwisted with its very much smaller companion strand, which is able to give it almost no efficient support. Hence, four hundred and nineteen boys to only three hundred and eighty-one girls out of every thousand died in the United States in 1880; and similar proportions are maintained habitually among all classes and in all times and countries about which we have information. Vital adjustments become more intimate just in proportion to their complexity and differentiation, because the laws of all growth perpetually lead in this direction. Close adaptation and co-operation within and without everywhere lead to the possibility of survival; hence, the slightly better chance of life at all ages to the female. The habitual longevity is preserved by new growing adjustments. The head wind has become the motive power to propel the ship. The antagonism has become transformed to helpful co-partnership.

In middle life, individual well-being becomes less assured to the woman. Her mental life must, in a great degree, conform itself to existing conditions; and, possibly, the whole tone of her activities, physical and psychical, is lowered and her abilities are depressed: But, when the cycle of special activities is completed and permanent dormancy begins, can there be but one result,-increased vigor to all individual power, physical and psychical? Here, we find the farther explanation of woman's pre-eminent longevity, here, the hope of a renewed and prolonged intellectual strength; here, the compensating advantages for all previous disadvantages. Nature cares no more for the female than for the male; she does care something more for the race than for either singly; and her provision for the young has given appreciable extra advantages to that parent with whom their interests are most closely allied, and the reserve of all such advantages is handed back to her late in life. The largest bud of the walnut bears the female flower; the best nurtured silk-worm grub proves to be the female; in all ranks below fishes, reptiles, and birds, the females are always larger often much larger, than the male. Then was it scientific to assume that disadvantage begins for the female among the higher races just where broader differentiations and detailed higher adaptations also begin and progress upward to mankind? Instead of infering that woman has been placed at a disadvantage in the race of life, when the subject has been brought into the domain of exact science, as it readily can be in certain directions, it may be found that she has various calculable and definite advantages over man, her now demonstrated superior longevity being one case in point. I find no evidence that, as Prof. Ward suggests in his Dynamic Sociology, there is an abnormal feature in the feminine constitution which has been in some sense grafted upon Nature, but subsequently adopted and adapted by her in the best way possible. On the contrary, there seems to be the clearly traceable footsteps of one steady progression upward, to the decided and increased advantage of the woman. Whether or not it will be found in time that, all things considered, the male is at a disadvantage as compared with the female of his species, there are not comparative data enough to determine. It seems probable that here, as elsewhere in all the aggregate interests of the sexes, Nature steadily maintains a constant moving equilibrium by diverse adjustments, as she does in maintaining their numerical equality in the aggregate.

Woman has less growth to make, and she has more available power to make it rapidly. She is precocious physically and mentally, and attains an earlier maturity; yet, as we have seen, she does not reach earlier physical decadence. On the contrary, her physical vigor is the more prolonged. Neither has it been found that her psychical powers have fallen below the physical in any unusual degree. In normal conditions, an accession of strength to either means an equal accession to both. The statistics which can establish the prolonged mental vigor of the woman are not abundant; yet, so far as they prove anything, they look strongly in that direction. A large percentage of the few women who have been noted as brain workers have worked easily and well till late in life, and they compare more than favorably in that respect with any equal number of men. Judging from the sustained mental alertness of the women of the last fifty years, some new light may probably be thrown upon that question, even during the lifetime of the existing generation.



